



# Shine a Light on SUICIDE PREVENTION

Suicide prevention is important every day of the year. The month of September gives us an opportunity to shine an encouraging light on a topic that affects us all, and send a clear, hopeful message that help is available, and suicide can be prevented.

World Suicide  
Prevention Day  
9/10/25

National Suicide  
Prevention Month  
9/1/25-9/30/25

## HERE ARE SOME WAYS WE CAN MAKE A DIFFERENCE THROUGHOUT THE MONTH AND ALL YEAR LONG :

- 💡 Educate yourself and others about the warning signs, risk factors, and protective factors for suicide.
- 💡 Make it ok for everyone to talk about mental health and stigma.
- 💡 Help to build a kinder world.
- 💡 Learn the five action steps for communicating with someone who may be suicidal
- 💡 Join an Afternoon of Hope on **9/10/25**: Hosted by **CCA** for **World Suicide Prevention Day**, this free event will leave you better equipped to support yourself, your loved ones and your workplace.

Whether you're experiencing everyday stress or a major life challenge, let **The Johns Hopkins Employee Assistance Program** help. The program provides you and your household members free, around-the-clock access to a range of stress management and work-life balance resources.

**JOHNS HOPKINS**  
UNIVERSITY & MEDICINE

### COUNSELING SERVICES

REQUEST FORM: [JH.EAPINTAKE.COM](http://JH.EAPINTAKE.COM)  
ACCESS LINE: 888-978-1262

WEB: [WWW.MYCCAONLINE.COM](http://WWW.MYCCAONLINE.COM)

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